

## Qualified Scaled WOD 1

### Wall Ball:

Athlete starts with picking the medicine ball, perform a full squat and throw the ball to the target. Both male and female will use the same height target. If athlete doesn't reach below parallel the rep won't count. The rep counts when the ball hits any part of the target.

### OH Lunges:

Athlete starts behind the line, holding the ball over head, performing a lunge, the knee should touch the floor before the next step. The body should reach to full extension before stepping forward. By reaching the 10m line, he/she needs to pass the line to stop. The ball has to stay on top of the head, the rep won't count if the ball touches the head. If the athlete does extra steps while doing lunges, he/she needs to step back or the rep won't count.

### Deadlift:

The move starts with the athlete in front of BB, lifting the bar in one motion, reaching his/her body to full extension. The rep counts on the full extension. Athlete cannot bounce the bar while on the floor.

### Burpee Box jump over:

The movement starts with athlete perform burpee with his/her chest touches the floor. Athlete can jump/step back and forth out of burpee. He/she has to do two foot jump, and land on the box, step down is allowed. There is no need for full extension on top of the box. No part of the body beside feet could touch the box. The rep counts when the athlete land on the other side of the box.

### **Qualified Partner WOD 1**

Through the workouts team members will share the reps in any numbers they want, each athlete has to do at least 1 rep of each move.

#### **Box jump over:**

Athlete has to do two foot jump, and land on the box, step down is allowed. There is no need for full extension on top of the box. No part of the body beside feet could touch the box. The rep counts when the athlete land on the other side of the box.

#### **DB Snatch:**

The movement starts with the DB on the floor. Athlete has to move the DB in one motion to top of his head. Alternating the arm is allowed but not needed. In every start of the rep any part of DB could touch the floor. Rep counts when the DB is on top of the head and body is in full extension. DB Clean and Jerk or Press is not allowed.

#### **Clean & Jerk:**

The movement starts with the bar in the floor, athlete performs a clean, receiving the bar on the front rack position and perform a push jerk or split jerk afterwards. In Clean rep counts when the bar is on the front rack position and elbows are clearly in line with the floor. Athlete can perform the jerk with a re dip straightaway. In Jerk, any style is allowed. The rep is given when the body is in full extension with the bar overhead and feet are back under the bar.

## Qualified Advanced WOD 1

### Pull-up:

Athlete starts with the body hanging from the bar, the feet not touching the floor, in a dead hang position. He/she can perform the pull-up with any kind of grip, in straight, kipping, or butterfly motion. The rep is count when the chin has passed the bar at the top of the pull. In kipping styles, the feet have to pass to the back of rack in full motion, before pulling up. The next rep counts when the body is back to the dead hang position.

### Deadlift:

The move starts with the athlete in front of BB, lifting the bar in one motion, reaching his/her body to full extension. The rep counts on the full extension. Athlete cannot bounce the bar while on the floor.

### Burpee Box jump over:

The movement starts with athlete perform burpee with his/her chest touches the floor. Athlete can jump/step back and forth out of burpee. He/she has to do two foot jump, and land on the box, step down is allowed. There is no need for full extension on top of the box. No part of the body beside feet could touch the box. The rep counts when the athlete land on the other side of the box.

### Final Scaled WOD

#### **Devil Press:**

The movement starts with the DBs on the floor and athlete laying down on his chest holding the DBs. He/she performs a Burpee style jump or step forward while holding the DBs and snatch both DBs to OH. Rep counts when DBs are OH and body is in full extension. DB clean and Jerk or press from shoulder is not allowed.

#### **Box Jump Overs:**

Athlete is allowed to jump or step up and step down. There is no need for full extension on top of the box. No part of the body beside feet could touch the box. The rep counts when the athlete land on the other side of the box.

#### **HR Push-ups:**

The athlete performs a push-up, with chest touches the floor, and release his/her hands from the floor for a second before pressing for the next rep. Rep counts when he does the full push-up and lower the body to the floor, releasing the hands again.

### Final Partner WOD

Through the workouts team members will share the reps in any numbers they want, each athlete has to do at least 1 rep of each move.

#### **Burpees to Pull-up:**

Athlete perform a burpee, laying the body on the floor and jump/step forward, out of burpee and jump up to the bar and perform a pull-up, bring the body up till chin pass the bar. Each rep counts when the athlete's chin passes the bar and next rep starts on the floor.

#### **Single under:**

The jump rope passes once from the athlete's feet. Double under is not allowed.

#### **KB Clean and Jerk:**

Athlete uses two Kettlebells to swing and perform a clean to the shoulders, and then with a quick re-dip perform a jerk. Rep counts when the KBs are over head with the body in full extension. Any kind of press OH is allowed. KB Snatch is not allowed. Both KB's have to reach to shoulder and then OH in the same time.

#### **Sled Push:**

Both team mates need to push the sled 40m before moving to the next round.

### Final Advanced WOD

#### **Burpees to Pull-up:**

Athlete perform a burpee, laying the body on the floor and jump/step forward, out of burpee and jump up to the bar and perform a pull-up, bring the body up till chin passes the bar. The feet cannot touch the floor while hanging the bar.

#### **Wall Ball:**

Athlete starts with picking the medicine ball, perform a full squat and throw the ball to the target. Both male and female will use the same height target. If athlete doesn't reach below parallel the rep won't count. The rep counts when the ball hits any part of the target.

#### **Double Under:**

The Jump rope will pass twice under the athlete's feet before next rep. triple or single unders are not allowed.

#### **KB Clean and Jerk:**

Athlete uses two Kettlebells to swing and perform a clean to the shoulders, and then with a quick re-dip perform a jerk. Rep counts when the KBs are over head with the body in full extension. Any kind of press OH is allowed. KB Snatch is not allowed. Both KB's have to reach to shoulder and then OH in the same time.

### Qualified Youth WOD 1

#### **Sled Transport:**

Athlete starts behind the line, transporting the weight to the end line, unload the weight and return to the start, continue till all the weights are at the end line. Rep counts when each time any part of the sled passes the finish line. Athlete needs to turn the sled and get back to start to collect the next weight.

#### **Sit-up:**

Athlete perform butterfly sit-up, with both bottom of foot facing each other. The hands should touch back the floor when laying down, and touching the toes when sitting up.

#### **Crawl and Jump the hurdle:**

Athlete crawl under the hurdle and jump over through each hurdle. As long as the athlete doesn't move the hurdle while crawling it's a good rep. Jumping over the hurdle should be two foot jump, step is not allowed.

#### **HR Push-ups:**

The athlete performs a push-up, with chest touches the floor, and release his/her hands from the floor for a second before pressing for the next rep. Rep counts when he does the full push-up and lower the body to the floor, releasing the hands again.

#### **OH Lunges:**

Athlete starts behind the line, holding the ball over head, performing a lunge, the knee should touch the floor before the next step. The body should reach to full extension before stepping forward. By reaching the 10m line, he/she needs to pass the line to stop. The ball has to stay on top of the head, the rep won't count if the ball touches the head. If the athlete does extra steps while doing lunges, he/she needs to step back or the rep won't count.

### Final Youth WOD

#### **Single DB Snatch:**

Athlete will pick the DB up with one hand and move it over head in one motion. The rep counts when the DB is in the OH position with the body in full extension. Alternating the arm is not needed but allowed. In every rep any part of DB could touch the floor to rep counts.

#### **Long jump:**

Depends on their age category, athlete jumps a specific distance. He/she will be standing behind the line and jumping to the other side. Any part of the foot could touch the end line for the rep to count. If the athlete falls back or forth while jumping to the line the rep won't count.

#### **Shuttle Run:**

Athlete needs to start the run from point A to B and back, touching each line or circling around the cones.